

# THE SACRED SCIENCE OF REGENERATION

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BY  
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An exposition of the process of physical and spiritual regeneration through  
the conservation of sexual vitality.

The only method that will permanently overcome weakness, old age,  
disease and decay, and perpetually rejuvenate the body.

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## WOMAN.

The relations of husband and wife in most cases at the present time are far from ideal. And yet so much stress is placed upon the word "obey" in the marriage contract that the least resistance on the part of the wife to sensual indulgence results in bringing down upon her the condemnation of the conventionally correct.

Under these conditions it is as impossible as it is unwise for a teacher to lay down the absolute rule of chastity and expect a woman in the bonds of marriage to live up to it. If she cannot live the life of absolute chastity, she should not cease her efforts in the regenerate life, because if she has faith in the Divine Power and will live up to that faith, she will become the silent instrument for her husband's regeneration and a power in the lives of her children that will make conditions for a new race of beings that will be less bound by habits and beliefs to the indulgence of the senses.

Woman, by understanding the attraction, power and mystery that her sex gives her in the eyes of man, can use these attributes to lead him into a higher way of living. When she stoops to man's intellectual plane and seeks to match him in force and practicality in the external struggle, she fails because she represents to him a more ideal being than he meets in the strenuous world of finance and politics, and if she would rule

him she must remain on the throne where man first saw her when his devotion was awakened.

Man often repeats:

“A woman without religion  
Is like a flower without perfume.”

Even tho religion has very little attraction for him, he is disappointed if his wife does not have the finer appreciation of spiritual things. Every woman should realize that she stands as a mediator between God and man and she should hold her true place as a representative of the Motherhood of Divinity. As a mother she can be the angel of the world. As she “devoutly studies the noblest side of life, and tries to bring herself into union with the Divine intention of human progress toward the utmost good,” she becomes the regenerator of the world. She should show man that she is the embodiment of Divine Love and hold herself above and aloof from his ways and works as a being consecrated to the high and holy duty of motherhood. If she would cultivate the finer forces of her nature and bring forth the strength and beauty of her soul, she would become such a wondrous being to man that he could not fail to worship and obey. In whatever sphere of life she finds herself she can be most successful by emphasizing her womanliness.

Man is woman's shield to protect her from the adverse forces of existence, while woman in her true estate is the vestal virgin that carries the sacred flame of Intuition which gives man light from the Central Flame and keeps him from straying too far from his Source. Thus she has always been man's inspiration because to her was given the formative power which gathered secret essences from finer realms of being and poured them out as food and drink for his spirit-



ual nature. She has been his mother, his nurse, his spiritual consoler and the incentive and strength of all his endeavors.

Man and woman together are the two poles of creative life force and when they live in harmony, subject to the higher laws of life, they form a complete magnet of attractive power, drawing to themselves prosperity, peace and power from all planes of Being.

Woman as the passive instrument of Divine Wisdom, has continually been impressed with the beauty of the Ideal Realm. She has represented Intuition or the revelation of the Voice of God because her nature has SENSED the deep things or principles of Spirit. Thru the ages she has seen the Image of God and despite the obstructions that man has placed in her way, her nature has endeavored to give birth to that ideal reality. And from this effort of her creative nature there has continually developed in her children a grander and nobler manhood.

Thru man's desire for self-gratification, the ideal functions of woman's nature have become debased and instead of reflecting the Godman, her passive mind reflects the vile passions of man, therefore her progeny are a combination of divine and passionate tendencies.

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It is much easier for the human mind to bend its philosophy to its mortal desires than to modify its nature to conform to the high and pure ideal of truth. The argument is often advanced that some of the greatest men have been those of strong passions. These men have been great because nature gave them a superabundance of physical energy and God gave them strong souls. They became great in spite of their passions, not because they misdirected them. There

is much more evidence to prove that sexual lust is a source of weakness and failure than that the craving for indulgence is a strengthener and incentive to men.

Do not for an instant suppose that I place any more condemnation on the sex nature than I do on the stomach or any natural function. As a man may make a god of his stomach and thus debase himself, so he may descend from his dignity as a king over all the forces of his nature and become a slave to the passions. The existence of the passions in man is often pointed out as a sufficient reason for the exercise of them to the limit of physical endurance. The sexual instinct is spoken of as being "implanted," as tho it had been placed there by some external Deity for the purpose of gratification. The truth of the matter is found in the doctrine of physical evolution. Man has the sexual instinct like the lower animals because of the need of perpetuating himself. The instinct has been handed down from generation to generation, strong in some and weak in others according to the state of desire in the parents at the time of conception and during the period of gestation.

Man follows the sexual instinct blindly and it keeps growing stronger, as any part of the nature grows stronger, by cultivation. It leads him after its phantom pleasure and causes him to expend the precious vital forces of his organism which otherwise would in part at least go to build up a stronger brain and a more healthy body. One has but to look into the faces of married couples who are overindulging to see the marks of devitalized nervous systems which will certainly lead to disease and decay, because when life does not have sufficient of the vital fluid conserved in the organism it cannot build perfect cells for har-



monious expression. They need the merciful wisdom which will inspire them to redeem their flesh from the bondage of lust.

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Man is nailed to a cross formed of the lust for money and the lust of sex. Only in the wisdom and power of the Christ will he find the strength to free himself from this cross. The most intelligent men and women are struggling in sorrow, despair, humility and misery to obtain release. But they are kept back in their desires and aspirations by the cravings of the flesh. Only thru the operation of the Christ and His angels of mercy, in answer to prayer, will men individually or as a race be brought into the light of purity and thus realize freedom from the mortal heritage of the past.

Woman plays the most important part in the evolution of humanity. To her is given the forming of the mind of future generations. She should hold the child that is given to her as a sacred charge, keeping it in an atmosphere of purity all thru the period of gestation, uncontaminated by thoughts or acts of passion, if she would have it enter the world strong in the spirit of purity. Those parents who indulge the senses during the time when a new mind and body are forming, are sowing sin and sorrow in that mind that will add to their burden and to the world's already too heavy burden of pain.

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The continued use of the positive thoughts of purity contained in these lessons will enable a wife to help her husband gain dominion over his passions. She can deny the dominion of lust from his mind and affirm peace and satisfaction for him until he feels the balance of forces in his own being and turns them to

higher uses. Conversation on the subject is likely to arouse antagonism, so the safest way is for her to work the problem with the aid of the silent power of the Spirit, praying that the Spirit may cleanse away all carnal desires and quicken his higher faculties, affirming the dominion of the pure soul in all the ways of his mind, bearing her cross with patience—if it is possible for her to do so—until her husband has grown to be satisfied with her as a spiritual companion thru life, a soul and mind given to inspire him with spiritual light as he walks in the way of Christ.

Jesus lived the ideal life and revealed how the Truth lives when it is personified, and how we should live in order to express the highest degree of perfection. But let no one condemn himself or others if he is not able immediately to fulfill that ideal. Let each one strive to gain the ascendancy over the undeveloped forces of the nature, rising with renewed faith and determination after failure, pressing on prayerfully and willfully with all faith in the power of the Spirit to gain the dominion that belongs to a Divine Soul.

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As a woman sees and glorifies and loves the God-man, she is lifted up into communion with Divinity and as she is lifted up she draws her husband and all minds in her sphere into her state of peace. She thus makes real to her own consciousness and to the consciousness of these others the beauty and love of God and there is born within the nature of each one the desire to become a son of God. She feels a natural affinity for the Divine and would yield to its gracious attraction were she not held in bondage by her sympathy with and fear of the lower order of emotions.



The knowledge of the true emotional sphere and the strength she gains thru communion with the Spirit, will enable her to insulate herself from the morbid mental conditions of the race and she will gain the courage to consecrate herself wholly to God that she may follow the guidance of His Spirit until He has attuned her mind and body with His state of health, beauty and perfection.

If man could enter into the presence of the personality of Divine Motherhood, if he could see woman in her ideal state as the Mother of the World, if he could see her divine loveliness and feel the love and tenderness of her nature, he would sink before her presence in humility of spirit. His senses would be calmed and soothed, adoration would be born within his higher nature and he would be satisfied with being permitted to worship and serve. In so far as woman can become this ideal she can command the service of man, and he will be satisfied to abide in the heaven that she makes of his home, content to rest in her presence.

But if on the other hand he feels that his usefulness consists only in his ability to satisfy extravagant desires and vain fancies, he will settle down into the state of gratifying his own selfish desires and know of no higher duty in life.

The love of a true, good woman is the mightiest regenerative force in the world.

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Woman should be physically as strong as man. That she has not the nerve strength, the endurance and the physical vigor of man is due to derangements of the sexual sphere, caused by emotional and mental disturbances. Man lives in his intellect, while the majority of women live in the realm of feeling, and all



their cares, worries and mental excitement reflect on the sexual sphere and cause physical weakness. In order that woman may retain her health and strength it is necessary that her mind be attuned to Divine Harmony and all the sexual life of her body come under the control of her will.

Woman should live in the ideal realm of thought, but she should not forget the needs of the body nor the fact that the mind must express the beauty of the ideal in every cell of flesh. She must recognize the fact that the force of her mind arises from the conserved essence of her physical body. If the sexual sphere is weakened, she will not have the strength of will or ambition to succeed in her work. She is apt to neglect the vital facts of sexual regeneration and trust that it will be worked out thru her faith in God. Not so! God has given her this garden of life to cultivate and her mind must do the work if she would eat the fruits of the regenerative life.

She must not forget that she is even more liable to loss of physical seed than man because of the delicate sensitiveness of her nervous organization, therefore she will need to be more watchful of her vitality than man. Too frequent orgasms, douches, irritation of the clothes and involuntary orgasms, caused by the reflection of amorous thoughts, as well as the before-mentioned mental disturbances, cause loss of vital fluid. The loss may be so gradual and imperceptible as to be unnoticed except in its effect in the general weakness of the body. Lack of pulsating, passionate life, which many women think a virtue, may really be the result of the unconscious waste of life force. When this force is really conserved, then those who have not

felt passion will begin to realize within their nature a mighty spiritual giant which it will take all their power of will to control and direct for the regeneration of the body and strengthening of the soul. This conserved force becomes so strong with many in this work of regeneration that they appeal for wisdom to rightly use it. They feel so much force that they want to control everyone around them, which arouses friction. This is a mighty healing power that should not be used for selfish ends. When used as an instrument for the expression of the Love of God, it becomes a truly magic power. It is the true occult power which mystics in all ages have striven for and the one who attains it becomes a co-worker with God in the healing and uplifting of humanity. It calls for great self-control mentally and physically to use this spiritual fire. The strongest degree of will must be exercised to attain perfection, but after the vital currents have become established and tend upward instead of downward, all interior states of the mind respond submissively to the will, and the soul feels that it is nearing divine victory.

If the mind is filled with the ideal of the Christ and desires to become a center of Love radiance, then in the silence the student will bless the world with love and thus transform the force of passion into the divine passion of Mercy. She will act as the silent worker with Christ in the healing and redemption of souls. She will radiate strength and peace to souls in weakness and pain, dissolving the phantoms of error and speaking true thoughts of health that express Divine Power.

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Very often after a woman has commenced the regenerative work, through the action of the affec-



tional or emotional nature she is in danger of backsliding. She is only saved by firm resistance and constant prayer and faith that she, through her unceasing devotion, may live in and near the Divine Currents which lead to the holiest place in the Mind of God. Then through her devotional nature, be she that way inclined, she can pray for the strength and force of will which she must obtain in order to govern the muscles of the organs. Thru the will those muscles, as well as others of the body, can be trained efficiently and brought under control of the will to stop the waste, for this is done thru control of muscular activity. She must realize to the fullest extent that this work will be to her more than all earthly things. She must make herself conscious of those muscles that belong to the creative organs. She must hold the thought that those organs must be developed in strength and character, that they are conscious of the control of the will, for the highest ideal can only be realized thru the transmutation of this fluid from the sex organs. Woman must also make herself very harmonious during the process. She should pay no attention to a mortal love life, remembering that thru greater vitality she will gain greater attainment in high spiritual things. She is trying to establish better spiritual conditions. She must look upward and hope to share in God's perfect love. She must banish fear and have faith that this wonderful work is not in vain.

There are many who do not understand about the muscles of the organs, but if they will adopt the system of practice whereby they try to control the organs by the thought or the power of the word, they will, thru this practice, begin to understand more about the mental process. That the organs may and can be

controlled by persistent effort thru muscular development, will become apparent. It must and will come gradually. This is true of all earthly things. Thru the power of mind you call the muscles into action. When you keep them actively exercised they will become efficiently powerful. It is thru constant mental effort that the seed can, in greater or lesser degree, be drawn up into different parts of the body. This is more easily accomplished when you have it under the power of your will. Then thru the powerful action of your will you will gain a clearer revelation of these teachings. You will come to see that one truth revealed and realized unfolds another, and while you are realizing and enjoying a new revelation you will see that it does not contradict any that you have realized before. As you proceed in this devotional, harmonious way, you will find that the life currents are becoming more and more firmly guided as you wish them to be—in the upward direction—and you are slowly but surely overcoming and preventing all loss. When the seed becomes entirely transparent it is near transmutation and will be taken up by the lymphatic system. Then beware of any amorous thought or action, for the seed is then so filled with a potent force that to lose any of it will greatly weaken your mentality and physical body. I have known cases in very spiritual temperaments where it has been attended with great prostration. All this stored or generated life can be drawn up thru the lymphatic glands. It will bring the beauty slumbering in the soul to the external, and the student will find as he progresses that his whole being will be illuminated with the light which beams, yea, flames, from a devotional soul.



Denials during this work are in order as well as affirmations, and let me say here that it matters not how long you have denied anything, keep on and on until you make it nothing, for the Word is enfolded within you and YOU must become the Word. So make a mighty effort, thru great perseverance, to transmute the lower self into the higher. You will probably meet seeming obstacles, but you must conquer them. They will face you, and here comes the war. Deny their power. Strive to bring to the surface your higher self. It is thru your own spiritual will, your own divine self, that you must gain the victory. Perhaps many of these obstacles are thoughts of ignorance and darkness. Be not discouraged. YOU CAN OVERCOME. Make a supreme effort. Open the soul windows, thru which the spiritual light will shine into your life. There are very many thoughts that are born in darkness and gloomy surroundings. They are ignorance of the deepest dye. In fields and byways, in store and hall, in many places you meet them, but thru your new wisdom you can transform them. They will think an invisible hand has taken the helm and that they are not steered by the impulse of passion. Steer their vessel by the fixed stars of principle; thus you will ultimately gain power for yourself and educate the obstacles.

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Between the ages of forty and fifty women usually enter the change of life, which is also termed the menopause or pausing of the menstrual flow, and the climacteric or climax of her life. It is merely a change from the child-bearing to the physical resting period, and should be considered as a period of transition from the physical to the more spiritual degree of her nature.

The study by physicians of pathology instead of

physiology, of disease instead of health, has given so much prominence to diseased conditions that mortals think more of abnormal than of normal conditions and are all looking for and expecting disease where they should expect health.

Women have thought and talked so much about the few cases of physical disturbance they have heard of at the change of life that they have created a universal feeling of fear and nervousness in regard to this period. The change of life has no more disturbing effect upon a well woman than the change from childhood to puberty, if the mind is not filled with suggestions of ill health and the body worn with worry and overwork. Do not expect disease; fortify yourself in advance with the realization of the health and harmony of the Spirit and you will pass easily from the reproductive period into one of sexual inactivity.

Whether we name it God or Nature, we cannot help admiring the Wisdom inherent in human nature which at the proper season of life changes and reconstructs the physical nature for a new line of work.

The power to form seed exists after the menopause in women, and very often does create seed after that time as the birth of children has witnessed. If seed is not formed, the power is latent, but not dead, and may be called into activity by the thought of motherhood.

I have had patients write that treatments given for physical health have, without any conscious desire to that end, resulted in the reawakening of sexual life and the monthly courses, showing that the influx of new life reawakened the creative process in the body.

Had regeneration instead of generation been the constant thought of human minds for ages, there



would be little if any depletion of the body by menstruation. Diet and the fixed beliefs in the race consciousness have much to do with the amount of waste that depletes the female body. Thru ignorance the idea is impressed on female minds that health demands periodic menstruation. This overflow of physical elements that nature has not required for the building of a human body, should not be stopped by the use of the will. Nature has the idea of generating a physical form so impressed on her subconscious processes that she stores the material for that purpose, only to cast it out when it is not used. And each month she does her duty in preparing for the conception of a child. Clearly, the dominating idea is reproduction instead of self-preservation.

After the menstrual period there is greater sexual activity for a few days to supply the demands of the depleted system. For about two weeks after the menstrual period the will and thought should be fixed upon the vital fluids, for it is during this time that the strongest thought of conservation and transmutation should be held.

Except during menstruation the slightest moisture should not be allowed to escape from the sex organs. As heretofore stated, when seed has reached the translucent state, it is the vitalized fluid which is so potent in regeneration and not a drop should be lost.

Woman has greater control of her life forces than man, and once her attention is directed to mentally lifting the vital fluid upward toward the solar plexus, she will discover that there are hidden muscles over which her will has control, and the persistent exercise of her will over these inner processes will reward her

with the conscious sense of renewed vitality in solar plexus, heart, throat and brain. As this process proceeds a vital flame will be felt leaping from the vital center to each one of the higher centers, filling them with the warm glow of spiritual power.

As the thoughts of truth are fed from the physical foundation of regenerative force, most wonderful sensations will be realized, the mind will idealize the subliminal essence and the body will glow as though immersed in a blaze of spiritual light. All the faculties and emotions of her mind and all the latent forces of her soul will be fed and stimulated. Passion, the very zest and activity of life, will increase, and if, thru the true understanding of regeneration, she has placed herself in an attitude of meekness toward Divinity, her life forces will be strengthened by a magical power, and her love for God will burn away all dross of mortal imagination. She will feel the very presence of Divinity and her soul will vibrate with joy in the embrace of the Holy One. She will find all pleasure and satisfaction in communion with God and will so thoroughly dedicate her life to His service that the false light and glamour of sense enjoyments cannot lead her from the path of devotion into the byways of mortal gratification.

If she is in the married state and conceives a child after this union with the Holy Spirit, the life and mind of God will flow into her body thru the currents of devotional communion and her child will be an immaculate conception in the highest sense. God is near to her and fashions her life after His beauty and holiness and her soul is filled with the atmosphere of grace thru faith's celestial art.



As surely as the heavens shine you will reap what you sow. If a man sows the seed of self-indulgence, vile thoughts or lust thoughts, they will manifest in a quality of passion which will burn the soul with its insatiable fire.

A woman in the regenerative work must understand that the world and its vanities must be put away as much out of sight as if they were all dead to her, or as if she had left the physical body and its world of vain things and gone to the spiritual world and were now working with Christ in real earnest.

When she resolves to dedicate her body, mind and soul to God without reserve and can hold herself entirely free from temptation, then will she be subject to the guidance of the Spirit that will make her free mentally, which will result in physical freedom.

Every woman should remember that Christ is the Ideal Being to whom the love of her being should be turned, and the means of union with His power and presence is intense vocal prayer. Earnest, audible or silent prayer is an important item in feeding and caring for the soul nature. Prayer may be called a conference with God. If it voices the heart's sincere desire for purest truth, then it will give an upliftment that no work created of our own energy can or will do. A pure and high conference with God will produce an emotion that will not fade away. It is communion that will preserve the soul from the demons of darkness and allow it to live in the Light. The love of God can satisfy the soul life in its very deepest need, and the truth with the power of faith will surely become a rest and quietude for the turbulent mortal life.

I cannot tell you of a greater joy than that found

in the endeavor to lead souls into the realization of the Christ love. Remember the concern that Jesus manifested over the lost sheep. Be so true to His work that you are willing to give very much of your time to soul education. When you pray to God for help in your work for souls, you are knocking at His Door, and if you pray long enough you can reach the place of soul communion with God. A deep religious faith should color all your thoughts. For the health and joy of your soul you need to keep your eye on the resurrected Christ. Do not be puffed up in your work. Do not imagine you are doing a great deal for the Lord and humanity. Do not try to make yourself attractive to mortals, for if the I within calls from the mortal plane of life it will produce only perishable creations like itself.

"Not everyone that saith unto Me, Lord, Lord, shall enter into the Kingdom of Heaven; but he that doeth the will of my Father who is in Heaven.

Do thou the will of the Father whilst living here, free to work for Him. Everyone is a king in the realm of his own life and can embrace every opportunity to do good. This is what the Master did. He walked this path before us. If we journey on in His footsteps we need have no fear. If we abide in Him there is no work we need fear to undertake for Him. If we are fearless we can walk close to Him in His work. He does not forget any that become one with Him in His work for souls. Bear in mind not only your love for God but your duty toward God and your own soul, and be so constantly faithful that you do not lose your joy in His love.

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Cultivate the loveliness of your soul life. Become transformed into a beautiful, radiant immortal while



yet incarnate. Partake of the essences of the Father that they may transform your character and make it holy and godlike.

Cultivate the pure, sweet Christ love that the fragrance of your soul life may be wafted far out into the deep mental sea of mortal life. Let the subtle essence of soul aroma become so delightful that the silent force that goes out from your soul life may influence and benefit the children of earth. Radiate out your holiest aspirations as your pure soul itself becomes transfused with the aura of Divinity in its deep communion with God. Shed the tender benediction of love wherever you go that your walks in the paths and byways of God's vineyard may bring peace and hope to the people of earth, and illumine and free the earthbound souls in the spirit world, who also will feel the harmony and peace of your soul.

While the soul is in its ecstatic state of communion, walking as the Christ walked in the consciousness of the Father's Presence, it is wafting this blissful influence, which is as a touch of Divinity, to every soul that feels it. In its inner consciousness the soul is holding thoughts of strength for the sinsick, the weary and burdened, striving to fit them for service in their life while dwelling here; thus the soul living in a sparkling aura itself, like unto a translucent gem, waves an imperial domination over the weary and downtrodden of earth, bidding them through its own faith to come to the Fountain of Life, the very body of Divinity, which is full of the sweetness of Divine Love, full of beauty and strength, full of Universal Love and Wisdom, full of hope and gladness, full of the revelation of the Infinite Spirit.

Live ye, live ye in the depth of Infinite Holiness, that the soul may bask in the glowing sunshine of His Presence.

### THE DIVINE FEMININE.

The threefold nature of the One God is expressed in the terms of the Trinity—Father, Son and Holy Spirit.

The Holy Spirit is the Mother principle of the Godhead. All the quickening power in our work for humanity comes from the Holy Mother Spirit.

All outward achievement is accomplished thru the Sonship.

The source of all life and power is the Father principle.

There is but one God and His name is One. The visible sun is a perfect symbol of the trinity of the One Power. The manifest form of the sun is like the sonship, thru which all power is made manifest. The radiance that proceeds from the sun to vitalize and warm the earth and awaken material substance to life and beauty is like the "proceeding Divine" or Mother Spirit. But the visible image of the sun and its vitalizing power are both but the operation of the One Source and Cause which, like the Father, are an invisible essence or force.

The Holy Mother Spirit is the ministry of the Spirit of God. This Spirit is wooed by love and praise. The Mother Spirit can come to us when we unlock the gates between us with the key which the Truth in our hearts has given us. When evil, sin or wickedness is discussed, the gateway is closed against the Holy Mother Spirit, for she never looks on evil. She sees no evil. She sees none in the pathway touched by her



holy feet, but she lets her white robe of mercy and healing fall upon those who are suffering from bruised lives. The Holy Mother of God will come to those who are praying the prayer of Truth and give them the help they need in the name of Infinite Love.

A law of the protecting Power provides that the mother ministry of the Spirit shall not enter where hard words are spoken. Those who forget the law of God and speak unkind words will surely lose the tender ministrations of the Mother Spirit of God. As we live at the center of Divinity within us and express the true life, we may touch the hinge of pearl that opens the gate of gold and welcome into our lives the ministrations of the Motherhood of God. She is near, all powerful and ever ready. She is empowered of the Spirit of the Father and will listen to our prayers. She will pour the new life into our souls which shall go forth from our souls to heal the sick and uplift the oppressed.

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Elisha, the prophet, by prayer, caused an abundance of provisions to be spread before a starving people. He did great things thru prayer. Nothing was too small for his attention and nothing great enough to limit the scope of his spiritually-enlightened faculties. His earnest prayer brought to him the co-operation of the Supreme Spirit. Thru the mighty tenderness which comes with the Holy Spirit, we are willing to help alike the king or the peasant, the great or the small.

Elisha, with loving kindness and earnest prayer, brought back life to the seemingly lifeless babe, and restored it again to its mother's arms. With the same kindness and power he drew the ax from the bottom of

the Jordan for the simple-minded laborers. He had knowledge of the ways of the potential Power which mankind have called God, and thru his wonderful knowledge and the inspiration of this Power, he could lift up his voice and unlock the gates of supply which brought assistance where no material aid could avail, no physical power could help. Nothing can compete in power with a prayer that is let loose from the flood-gates of the soul thru spiritual devotion. "The prayer of the righteous availeth much."

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The voice of the Mother Spirit is continually speaking to us, but the confusion of worldly things is so great that the spiritual messenger cannot reach the interior soul life and we do not hear the tender words. These loving words, which are without censure, are the balm that heals. These words will enter and live in your heart and fill it with their sunlit glory.

The gentle Spirit of Love and Truth will teach you how to love so that there will be no opposite of love. Let Her enter your soul and She will melt away the cold barriers of earth and give you the benediction which can turn angry thoughts into peace, sorrow into happiness so great that the flowers of heaven will radiate to you their heavenly odors of Love.

Interpenetrating this tangible world which we perceive by the senses, is the ethereal world of high and more intense forces, which are more potent and intelligent. This too is our world by virtue of our divine nature which constitutes the Real Man.

The Supreme Spirit lights the world with the golden glory of the sun and also brings the radiant colors to the insect that flies thru the bush or lives in the secret places in the grass. The God of all de-



lights to light your world within with golden splendor. There are times when you are conscious of moving along in His Power in speechless happiness.

The mantle of Protection and Love covers you softly, ready to be strong in your behalf. As you listen to its sweet chords of Love it will touch your heart with the quickening power that will make your soul burst forth in the song of joy and enable your spirit to brood over the children of earth, whose hearts are sore from competition and strife.

You shall give to them the words which will be to them wings of faith that will help them to rise beyond the reach of pain and strife in this world that seems to them to be a place of defeat. Your words will help them to freedom from the turmoil of materiality and unite them with the success which comes with the Spirit.

The Holy Spirit or Mother of God comes thru the gates that are opened by Truth, and with divine touch she smooths the brow of anguish and thru her divine tenderness peace exists. The Divine Feminine, gracious and fair, knows not sin, pain or sorrow. Her tender words are words of forgiveness, which bring the balm of healing, words of mystery, miraculously healing of all evil, sickness and death. Her white robes of Righteousness heal all the bruised spots of the lives of God's humanity as did the touch of the hem of the garments of the marvelous Christ. Wear thou the seamless robe and go thou and do likewise.

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The operations of the Holy Spirit are freely granted to those who seek them with fidelity and truth. Our Savior Master is ever near to labor with us

and to help us work in obedience to His will, which is the will of the Divine and Holy One.

Your soul nature is subject to transformation by a power higher and more complex than itself. The process of regeneration carries it thru many degrees of transformation, but the highest degree comes thru the power of love, which is the Christ nature. When the great awakening becomes complete by spiritual birth, growth and development, the soul is brought into perfect harmony with its higher environment, producing that perfect happiness which is heaven. The soul is then endowed with a degree of purity and strength which enables it to be a heavenly guide and monitor to other souls. As long as the soul does not pass thru this higher transformation it will remain a member of the present order of beings (and be out of harmony with the higher order of life which is perfect love) and will, therefore, seem to serve the lower conditions of life.

The Love of God is in your heart, and His love is your life, for His love is the substance out of which your spiritual organism is formed. Much thought and attention should be given to the development of this spirit of the living God within you, that love to God and man may become the ruling power in place of the thoughts that are born, not of the spirit of love, but of the sinful peculiarities of the race. Study your peculiarities and learn to direct them into proper channels, for progress comes thru the proper development of individual peculiarities or tendencies.

He who realizes that he is the son of God can so quicken his life and mind that he will feel the breath of the Holy Spirit. He is then undaunted by opposition, weakness, poverty or slander, for angels stand at his side to strengthen and guide him in all his ways.



Continue to practise the little affirmative prayers that you formulate many times during the day, thus your soul will become stronger and stronger and the waves of divine heat will fill the soul with the substance of the Divine Life. Your prayers will form channels of communication with higher states, and as the habit of spiritual communion is cultivated, your soul will send out special missions by directing its communications or spirit-born thoughts into the whiteness and greatness of the universal Over-Soul as it affirms its oneness with the Holy Spirit. I can say with certainty that the heart of the universal Over-Soul will accept these special missions and send a response to the affirming prayer. Thus the prayerful soul receives its blessings for earnest and continuous prayer, a reward and satisfaction which cannot be attained by the mind which does not strive to inbreathe in devotional communion the life of Divinity.

This process of devotional communion enables your mind to rise into the conscious realization of your own divinity, the divine selfhood. Then you may receive from the universal storehouse of the Lord God that which He freely offers you of goodness and power. When you have arrived at this high state, your soul petitions can touch the mother-heart of God and your needs are supplied thru the spiritual channel of communication.

These truths are all realities in my life, for I live in the active realization of this wonderful divine energy.

In the blessed silence we learn to know God, receiving thru His mighty power the living bread of life and the spirit drinks in the essence of the living Savior and again we go forth to the conflict which

comes in the work for souls, but we are not in darkness, for the response has come to the voice of secret prayer. The soul has been answered by the voice of wisdom and been refreshed by the dew of His grace. The divinity in the soul is glorified, for Divinity responds to itself. The Divine Essence by virtue of itself claims its own.

You can bring to yourself the holy answering Spirit from the deepest recesses of the secret place, for a part of this Mighty One is in your own being.

Manifest thou Him.

\* \* \*

A man who has the feminine qualities of the soul unfolded has grace and beauty added to his character. The following affirmations are of benefit to men as well as women because they bring to man the realization of his finer inner nature.

I am a Ray from the Infinite Soul.

I am an embodiment of the Divine Mother Spirit.

I am a manifestation of the Motherhood of Divinity.

I am all love and tenderness toward humanity.

I feel sympathy for souls in distress and in the silence I let the Divine Power flow forth thru my nature to heal and uplift all God's children.

I am a gracious spirit of love.

I am a radiant spirit of healing joy.

My soul is a son of God, empowered with the healing life of the Holy Spirit, and my mind fulfills the Divine Will by allowing this gracious Power to come into manifestation.

\* \* \*

Get thee out from the turmoil of the world and close to the bosom of Nature, lie down 'neath the skies



of blue, where the blossoms joy in their life and beauty, and breathe perfume into the dewdrops that they enfold in their pure hearts. In this natural retreat the world is born anew to thy vision. Thou canst whisper the Holy Mother Spirit about thy sacred thoughts, thy pure and holy thoughts and desires. Tell her thou dost wish so much to write words which shall be of great purport to the world of mankind, that thou dost earnestly desire to heal the Father's children. She can feed thy pen with the golden fluid from the fount of inspiration, and thy words will be filled with a musical symphony, with melodies like those which resound at the base of the hills that surround the Mount of Bliss. If thou dost earnestly ask for protection, the shining Mother visitant will draw near the gateway, and if she can walk in the pathway formed of thy thoughts of truth, she will be thy protection when danger is near. Crave of her the power to help the afflicted, where sorrow, pain and misery are making hard the paths in the world. The mother tenderness of the Omnipotent One will lend a listening ear to the wail of broken human hearts. She fain would help them to be faithful to the end of their cycle of patience, that they may receive the crown of life. In the spiritual realms they will have perfect bodies. They will forget pain and spring forth into the boundless strength of the Spirit and their hearts will thrill with the fulness of immortal life. All misery, pain and woe will have disappeared. Their bodies will be the perfect instruments of the exalted Spirit, yea, even to the bright reflection of His glory. She whispers that they will give Him the sweetest service and shall have a partnership in His kingdom, under His administration, where the miracle-working presence is ever new. The

Infinite Spirit of Love makes possible the miracles of God and the fulfillment of joyous hopes. Under His administration we shall be permitted to fulfill the ideals of our highest earthly experiences. We may finish the work of good we have longed to do, but which we have failed to do after trying so hard. In His kingdom, with boundless resources, infinite capacities, unlimited scope and time, with the mighty help of the blessed ones whose pleasure is to serve the Master, we may work to lift the children of earth to happiness, love and righteousness. Our friends will come to us alive with the life of the Spirit. We shall know them in His kingdom. They will be ours forever, the old and the new, perfect in spirit, removed to His kingdom, where they can be free, happy and glorious in His likeness. For the laws of gravitation can hold them no more when they wear His perfect image. They are removed from all temptation. Their lives are overflowing with unutterable blessedness. Jesus, the Christ, the morning star of Bethlehem, is there. He is the son of God and the sky and land are filled with His glory.



## A LEGION OF WILLS.

"Two and a half millions of children under fifteen years of age are now at exhausting work in the offices, shops, mills, and mines of our model republic. In Pennsylvania alone there are at least one hundred different kinds of work at which children are employed; and, unhappily, it is into the cheap and dangerous work that the children always swarm. They are doubled over the coalbreakers, breathing black coal dust; they are racked in the cotton mills, breathing damp lint; they are strained in furniture factories, breathing sawdust; they are parceled in glass factories, breathing dust of glass; they are crowded in soap factories, breathing dust of alkali; they are herded in felt factories, breathing dust of fur; they are twisted in tobacco factories, inhaling the deadly nicotine; they are bent over in dye-rooms, soaking in the poisonous dyes; they are scooped in varnishing-rooms, absorbing noxious fumes; they are stifled in rubber factories, where they are paralyzed with naphtha; they are choked in match factories, where they are gangrened with phosphorous; they are huddled in type foundries, where they are cramped with the poison of lead. \* \* \* And this child-ruining goes on, hour after hour, almost without protest, in this boastful era of this richest land of time."—Edwin Markham.

As I pondered over the dark crimes of organized greed against the freedom and natural development of childhood, my heart cried out to the Merciful Heart of the universe for wisdom to use my influence to help along the emancipation of humanity from a diabolical system that stunts the mind and soul of God's little ones. As I thought over the problem I saw the possibility of turning the strength of several thousand

minds to overcome the dark forces of greed that sway the destiny of so many thousands of helpless beings.

We believe that thought force is the most powerful force in the world. Then let us turn this force to a practical use. A legion of wills directed to the accomplishment of one purpose will generate a power of thought that will work silently but intelligently in the subliminal realm of mind and move a vast army of passive beings into the way of happiness and peace. Here is a mighty power for accomplishment right at hand; let us use it wisely for the welfare of the race.

You are a center of influence. What you think, and more especially what you *feel*, is shaping minds and molding fate. Would it not be well to go to work systematically and direct your thought force daily for the world's betterment?

There is a battle waging between organized selfishness and the scattered forces of love. Men and women with hearts form a wavering line against the well-massed and disciplined army that contends for the use of the child life as long as it flickers in its ill-fed and stunted body. Do you not feel that you want to lend the strength of your will to the line of fighters on the battle front? Your will and determination on the side of right will strengthen some discouraged worker. The ultimate end really depends on the preponderance of mental force on either side, and your daily decree will unite with all other thought forces to sway the destiny of millions of unborn beings.

Read this article over daily and then put the force of your will and the fire of your heart into the decrees which follow. Think and speak them with determination and feeling and let some one of them stay with you all through the day. Forget your selfish desires



for the time and you will grow powerful in soul as the fire of your being flares up to consume the dark forces of mortal mind.

### DECREES.

I decree that the reign of greed shall cease, the world's heart shall be touched and children shall be free.

I feel I am a power uniting my will to the principle of Righteousness that it may have the force of my will to use in the battle against greed and oppression. I am united with a legion of wills on earth and in heaven to *will in* the reign of Righteousness and truth.

We all will in union of purpose, with the will of God, that child labor shall cease.

No more shall profit be made from the bodies of little children.

No more shall they be allowed to toil their lives out to satisfy human selfishness.

The truth is being told, and the manhood and womanhood of the world is aroused to a mighty activity that will quickly abolish child slavery.

Those profit-seeking minds who are fighting against laws for child freedom shall feel the power of Divine Love melting their hearts and weakening their purpose. Their wealth and political influence shall not stand against the mighty force of minds that decree for justice and freedom.

The wills of selfishness and greed shall be overcome by the wills that stand invincible in the power of universal good.

These decrees shall grow in power until the whole race becomes dominated by the Mind of God, and love and justice reign supreme in all the world.

# Is Your Soul Starving?

That may be the cause of your ill-health. An overfed body and an underfed soul result in disease and death.

How long since you fed your soul on thoughts which gave it joy and strength?

A man cannot live on bread alone, neither can the soul find nourishment in newspaper sensationalism, financial reports or social gossip. Wherewith and how shall a man feed his soul?

Seek the words which will give life to your soul and health to your flesh. Read

## Thought Forces

(price 25 cents postpaid), and the other "Books that Heal," by Walter DeVoe.

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## Exercise Your Soul

What shall it profit a man if he shall gain the strength of Hercules and not express the nobility of his soul?

The latent power and beauty of your soul can be awakened by right study.

Daily exercise in SOUL CULTURE will develop the muscles of a nobler character and give you self-control.

Health, strength and nobility depend on a perfect balance of your physical and spiritual nature.

Wrong thoughts and habits can be overcome by soul-exercise.

Read the

## Secret of Concentration

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